

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

MARCH 3, 2006



Lance Cpl. Ryan Trevino

Members from the Honolulu Pearl Canoe Club make their way back to shore at Pearl Harbor after a series of short sprint races. There are more than 3,000 active paddlers and 40 clubs on the island of Oahu. Free lessons and instructions to the sport of paddling are being offered by experienced paddlers and Marine Corps Community Service to anyone interested in getting started in the sport.



Lance Cpl. Ryan Trevino

Jarrett Magno, a member of a Pearl Harbor Canoe Club, helps his team bring their canoe onto shore after team practice Feb. 27. Free introductory classes to Hawaiian Outrigger Canoe Paddling are being offered at the Semper Fit Center, here, March 8 for anyone interested in participating in the sport.

Paddling class provides link to Hawaiian culture

Lance Cpl. Ryan Trevino
Sports Editor

A team of paddlers climb into the 40-foot canoe, bringing nothing but themselves and their paddles. All the cameras, coolers and cell phones stay behind — where they belong. Out there, it's just the team that matters.

After the canoe is afloat, the steersman yells out "Muu Kau Kau," which means ready, to the rest of the team. This signals the team to lean forward and stretch out, gathering themselves mentally for the journey they are about to make. Next, the Hawaiian word "Imua," meaning get set, is heard, which triggers people in the boat to raise their paddle slightly over the water on the outside of the canoe. Once they are in position, the steersman calls out "Paa," which means go. The six paddles simultaneously penetrate the ocean, jolting the canoe out to sea.

The canoe feels as if it is gliding above the water instead

of through it. Its sleek design helps it cut through the crashing waves. The six paddlers continue to dig deep in the water, increasing the speed of the canoe with every stroke. On the 15th or 16th stroke, the stroker, or person in the front seat of the canoe, calls out "hut" for everyone behind him to hear. The paddles hit the water once more before everyone yells "hoe" and rotate their paddles to the other side of the canoe, not interrupting the rhythm that has been set.

They work with the ocean to gain speed, not against it. The harmonious interaction between the team and the water is what drives the canoe faster and faster through the waters — not brutal strength.

This experience can be felt by anyone who wants to get involved.

Marine Corps Community Services and representatives from a Hawaiian Outrigger Canoe Paddling club in Kailua will host a free introductory meeting to the sport of paddling March 8 at 6 p.m. at the

Semper Fit Center, here, for anyone interested in participating in the sport.

The purpose of the meeting is to encourage Marines, Sailors and family members here to get involved in this sport and to interact with the local community, according to Navy Capt. Greg Kvaska, 21st Dental Company, Company Commander. Kvaska is an experienced paddler and club representative stationed here. Instruction and training will be provided free of charge.

"It's a way to engage with the community," he said, speaking of canoe paddling and its deep ties to Hawaiian culture.

Outrigger Canoe Paddling is considered the unofficial National team sport of Hawaii, with more than 3,000 active paddlers and 40 clubs on Oahu alone, according to Kvaska.

Members of MCCS and the base want to give service members and their families a chance to participate in this unique cultural activity, while learning a new sport and building

strength and enhancing fitness, according to Kvaska.

"There is a lot of family spirit tied into paddling," said Kvaska. "It becomes kind of an event rather than a sport."

Friend of Kvaska and second-year paddler Navy Capt. Larry Sorensen, an officer assigned to Marine Forces Pacific, said paddling is deeply connected to the Hawaiian culture and you can't just get into a canoe and start paddling.

He and Kvaska want to make the transition into the sport go smoothly.

"I'm trying to make it easy for Marines and Sailors who want to connect the dots," said Kvaska.

"It's just a kick to be out there with six other guys, said Kvaska. "It's all about the team. Every seat has a function. If one person gets out of wack, the boat dies."

Paddling itself provides a great outdoor exercise venue, which involves casual paddling

See CANOE, C-4

Keiki kick at K-Bay

Cpl. Michelle M. Dickson
Combat Correspondent

"This is a really great program, in my opinion, and the kids all really seem to love it," said Joey Meaders, a military spouse whose son attends the Goju Kan karate class offered here. "We've tried to get our son interested in a lot of things, but it seems that the karate has really stuck with him."

Meaders' son, Kyle, has been taking classes every Monday, Wednesday and Friday evenings at the Family Gym here for a year and a half, and is now working toward his next belt.

"My husband started karate when he was Kyle's age and has always been into the

See KARATE, C-2

Golden Eagles soar past Outlaws at Riseley

Lance Cpl. Ryan Trevino
Sports Editor

The Patrol Squadron 9 Golden Eagles improved their intramural baseball record to 5-2 Feb. 22 when they defeated the Combat Service Support Group 3 Outlaws 12-10 at Riseley Field, here.

The Outlaws remain winless for the season.

Golden Eagles pitcher Jason Black led his team to victory from the mound, striking out seven Outlaws in five innings of pitching. Black attributed the win to the teamwork the Eagles displayed during the game.

"We try to stick together as much as we can and practice a lot," said Black. "We stick to the fundamentals."

Outlaws coach Shafi McCants' goal going into the game was defense; however, the game quickly developed into an offensive struggle.

"Our goal every night is to play good solid defense," said McCants.

Even with defense as the Outlaws' main concern, the Golden Eagles still managed to find gaps into which to drive the ball.

Golden Eagles first baseman Erik Phelps was a key factor for the Eagles on offense. Even though Phelps was injured by a wild pitch, he still managed to lead his team with four hits and two runs batted in.

"We just try to go out and play hard and take advantage of the opportunities that we get," said Phelps. "I'm just happy to be here to help out the ball club."

Outlaws pitcher Juan Pena struggled on the mound, letting several runs score on wild pitches. Pena did, however, strike out five Eagles.

Outlaws catcher Michael McMahon said the pitching wasn't a huge factor in the game.

"Our pitching is finally coming around, but our defense needs to know what to do when they get the ball," said McMahon. "We are playing with a lot of young guys, basically."

McMahon was 3 for 5 on the night, with 3 RBIs.

The Eagles only left five runners on base, while the Outlaws left a total of seven runners stranded.

The Golden Eagles will face second-place Marine Aircraft Group 24 March 1 at 6:30 p.m. here at Riseley Field.



Lance Cpl. Edward C. deBree

Golden Eagles pitcher Jason Black prepares to release a pitch. Black led his team to victory over the Outlaws in an intramural baseball game Feb. 22 at Riseley Field, here.

Sports Briefs

March 15

SNCO Golf Tournament — March 15, all staff noncommissioned officers, DoD civilians and sponsored guests are welcome to at the SNCO Golf Tournament to be held at the Hawaii Klipper Golf Course. The format is a four-person, best-ball scramble. The cost for the tournament is: \$43 for all SNCO Club members, \$48 for all SNCO nonmembers, \$55 for field-grade officers and Department of Defense civilians, and \$60 for all other invited guests. The price includes golf fees, carts, refreshments, and prizes. Prizes for the first-, second- and third-place teams will be awarded as well as prizes for the longest drive and closest-to-the-hole. The tournament begins at noon. For information, call 257-2600 or the Golf Course manager at 254-1745. If you do not have an established handicap, estimate (no sandbagging!).

March 18

North Beach Shamrock Invitational Surf Meet — Marine Corps Community Services Water Safety is currently accepting registrations for the Shamrock Invitational Surf Meet to be held at Kaneohe Bay's North Beach. This event is free of charge and open to all active duty service members and base DoD civilians. All K-Bay active duty service members will be automatically entered for intramural points. To sign up, call 254-7655 or send an e-mail to dino.Leonard@usmc-mccs.org.

March 25

CSSG-3 Swamp Romp — The 12th Annual Combat Service Support Group 3 Swamp Romp is right around the corner. Referred to as Hawaii's dirtiest footrace, the Swamp Romp returns to Kaneohe Bay March 25. The race begins at the Boondocker Building, neighboring the Marine Corps Exchange Annex parking lot. Six-person teams will negotiate an obstacle-laden course that includes mud, crawling, jumping, swinging, sounds of combat, and more mud. For more information on the Swamp Romp, call the varsity sports coordinator at 254-7590.

March 30

SM&SP Shank & Slice Best Ball Golf Tournament — It's time again for the famous SM&SP Shank & Slice Golf Tournament. Players will hit the Klipper at 12:30 p.m., March 30. The tournament is open to all single active duty service members, E1 through E5 and their active duty guests. Players are invited to bring their bosses; however, all guests must play with their sponsor. The fee for the tournament is \$30 for E1s through E5s and \$38 for guests, E6 and above. The price includes golf fees, golf cart, pupus, sodas, and prizes. Preregistration is mandatory, due to the high volume of registrants that are expected to play. The deadline for registration is March 24. All entry forms are to be delivered to the SM&SP office, Building 1629, the Semper Fit Center or the Camp Smith Semper Fit Center gym. For supplemental information, call the SM&SP office at 254-7593.

Ongoing

Semper Fit Center offers Array of Aerobics — The MCCS Semper Fit Center announces a new and expanded aerobics program. These new classes, now being offered, include a variety of workouts. Prenatal Yoga is one of the new courses that are specifically for expectant mothers who want to maintain a healthy exercise regiment. The Fab Abs and Gut Cut programs are offered to those who want to shed a few inches around the waistline. Cardio Kick and Step classes are also offered. For more information about these new classes and their schedule class times, call 254-7597.

Paintball Hawaii

Nestled behind the Lemon Lot, is Paintball Hawaii. Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open on weekends from 9 a.m. to 5 p.m. Call 265-4283, for Friday appointments.

Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regiment, or for those just looking for some good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation. You can schedule an appointment with a trainer by calling the Semper Fit Center.



Cpl. Michelle M. Dickson

Dean Nakamoto, sensei, teaches Alexandra Axtell, student, how to properly block a strike during a karate lesson. Nakamoto has been practicing karate for more than 22 years.

KARATE, from C-1

martial arts," said the Salem, Ore. native. "Ideally, they were supposed to take classes together, but my husband is a corpsman and is deployed with 1/3 (1st Battalion, 3rd Marine Regiment.) He was with 3/3 (3rd Battalion, 3rd Marine Regiment) prior to this and was deployed with them as well, so it's difficult. Kyle loves it though and is sticking with it."

The Goju Kan class that is offered at the gym is taught by Dean Nakamoto, a sensei who has been teaching karate for 10 years, and practicing for more than 22 years.

"We do the physical training here, such as blocks, kicks and punches, but the main purpose of karate is to cultivate ourselves," said Nakamoto. "We try to instill honor, compassion and pride. We do not just teach fighting."

Nakamoto said when he began karate, he first enjoyed the physical aspect the best. Over time, he began

to enjoy the karate side more with the discipline that is instilled.

The Kaneohe native is assisted at the gym by a senior student, Kathy Koch, who also teaches karate to the children.

"Part of moving up in rank is teaching others, and that's what I am doing right now," said the Kaneohe, native.

"It's a lot of fun working with the children and it actually helps me improve my own moves. When I see myself correcting their mistakes, it reminds me not to do the same thing."

Koch said the best part of teaching for her is when the children start to really understand something that is taught to them during a lesson.

"The harder the children want to try, the more I want to teach," said Koch. "I plan on continuing this for as long as I can."

Nakamoto said, on average, there would be 30 children in a class, and he has pretty much all he can handle at the moment.

He also stressed that the class is not meant only for children and that adults are welcome to attend at any time.

"It's more difficult to teach children the true spirit of karate because it is something more easily understood by adults," said Nakamoto. "I encourage adults to come out and to not be discouraged. We do a lot of sparring and heavy contact, but it is very controlled."

There is a \$35 monthly fee to participate in the Goju Kan lessons. More information is available by calling Youth Activities at 254-7610.

"I think the best part of teaching for me is having the opportunity to teach on a base and therefore teach children from all over the United States," said Nakamoto. "It gives me a sense that I'm doing something good and touching the lives of a lot



Cpl. Michelle M. Dickson

Meaders executes a "strike" during his karate lesson Feb. 24. The young athlete has been taking karate for a year and a half.

Teen constantly on the go

Cpl. Megan L. Stiner Combat Correspondent

"Every sport he attempts, he excels at," said Sonja M. Montgomery, referring to her 14-year-old son Najee. "He has the type of spirit where he has to be the best at everything or he is not

content."

Najee Odoms, a student athlete at Kailua Intermediate School, spends his free time and energy by continuously participating in various outdoor and indoor sporting events, both organized as well as on his own.

"He has to be constant-

ly moving around and staying busy or else he gets a headache," explained Gunnery Sgt. David M. Montgomery, crash chief, Marine Corps Air Facility, and Najee's stepfather. "He just never seems to run out of energy."

Najee was introduced to the Marine Corps lifestyle

five years ago when his mother and stepfather married. Since then, he has made a name for himself as an outstanding athlete everywhere he has traveled.

He began his basketball ventures on an intramural team at Godfellow Air Force Base, San Angelo, Texas, when he was 8. The self-proclaimed sports fanatic soon thereafter became a standout point guard, according to his mother, a position that he has continued to dominate since.

"I never need a substitute for Najee," said his basketball coach, Chic Hess, a seventh and eighth grade health and physical education teacher at Kailua Intermediate School. "This is my first year coaching him, and he is just a live wire with energy to burn."

The young competitor displays confidence and excellence in every sport he participates in from football to track, explained his mother. He continues to win medals and awards for his speed, control, and understanding of the sport.

"Najee has been the

most valuable player in every sport that he has been in," said Sonja. "Although his first passion was football, he switched to basketball once his older brother did. He follows in his brother's footsteps in everything."

Tyreese, 19, is also an athlete and is the most prominent influence in regards to his brother's affection for basketball.

Hess described Najee's court manner as an explosive-type player who can drive the ball and shoot from the outside.

"He is my quickest player," said the Pittsburgh, Pa. native. "I believe he is also the high-scorer of the team with an average of 10 to 15 points per game."

Sonja said Najee displayed signs of his high-energy levels shortly after he was born. He needed to have medication injected into his foot in order to slow his heart down because it was beating so quickly, she explained.

Najee has also participated in ice hockey, and surprised people with his speed on the ice.

See NAJEE, C-5



Photo courtesy of Chic Hess

Najee Odoms poses with the 2005-2006 Kailua Intermediate School Basketball Team. (Front Row) Jesse Magliba, Austin Gheen, John Ingari. (Middle Row) Liloa Travis, Kevin Leong, Najee Odoms, James Jones-Kamauna, Josh Harris, Dante Smith, and Sam Meredith. (Back Row) Coach Chic Hess, Casey Chai, Tre Stagner, Andrew Chang, Eric Lum, Luis Valenzuela, Jourdan Solomon, and Rhys Nakakura.

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SPORTS AROUND THE CORPS

Master Sgt. James D. Edwards
Recruiting Command

MARINE CORPS RECRUITING COMMAND, QUANTICO, Va. — Team Marines Racing heads west, all revved up for the second race of the 2006 NASCAR Busch Grand National Series, after escaping the Hershey’s Kissables 300 at the Daytona International Speedway last week with minor scrapes and bruises.

Ashton Lewis Jr., driver of the No. 25 Team Marines Ford Fusion, scored a spectacular 12th-place finish as he came across the finish line, sideways, through the grass along the speedways’ front stretch. The team was all but assured a top-10 spot until they were caught in the middle of a multi-car crash a few hundred yards from the checkered flag.

“Other than the last couple hundred yards last week, we had a really good race,” said Lewis. “We’re taking that 12th place finish into the California Speedway with our focus on running up front and grabbing a top-ten finish.”

The team raced last weekend in the Stater Brothers 300 at the California Speedway. The race was Feb. 25 and aired on FX.

This is the sixth season the Marine Corps and Team Rensi Motorsports have partnered to field the No. 25 car in the NASCAR Busch series. The Marine Corps uses the partnership to spread its mes-

sage of opportunity to a large and growing fan base across the nation.

Each year, the Marine Corps Recruiting Command is tasked with sending approximately 40,000 young men and women to recruit training. To assist Marine recruiters in accomplishing this mission, it is imperative that the Corps’ message is seen and heard in every community.

“Our partnership with Team Rensi Motorsports generates a lot of awareness for the Marine Corps and supports the efforts of our recruiters,” said Maj. Tim Fitzpatrick, advertising officer, Marine Corps Recruiting Command. “In addition to being seen every week as the primary advertiser on the race car, we also receive show-car appearances at local recruiting events and have access to Ashton for driver publicity appearances.”

The team is primed for a successful season and everyone, especially Lewis, is looking for success on and off the track.

“It is an honor to represent all the Marines throughout the world,” said the Chesapeake, Va. native who is starting his second season behind the wheel of the Team Marines Ford. “I want to thank all the Marines for what they do in supporting our nation, and I want to do my part by helping them accomplish their recruiting

See *LEWIS, C-4*

Lewis kicks off season in spectacular fashion



Sgt. Jimmie Perkins

Team Marines Racing heads west, all revved up for the second race of the 2006 NASCAR Busch Grand National Series, after escaping the Hershey’s Kissables 300 at the Daytona International Speedway last week with minor scrapes and bruises.

Postpartum Depression affects many women

Cpl. Michelle M. Dickson
Combat Correspondent

People may think that giving birth can be a magical experience, and once that part is over, there are only better things to follow when enjoying the time raising a child.

The truth is, that many women can be affected by depression during pregnancy, after pregnancy and after childbirth. But by recognizing the signs of depression, it can be helped and even sometimes eliminated entirely.

Depression that occurs during pregnancy or within a year after delivery is called perinatal depression and is one of the most common complications during and after delivery, according to Nancy Tahara, manager of the New Parent Support Program, Marine and Family Services.

The depression that occurs after pregnancy is called postpartum depression or peripartum depression, Tahara, a registered nurse, added. The

causes for postpartum depression can vary, and the symptoms are often very natural.

Natural hormone changes occur after childbirth. These changes include the amount of estrogen and progesterone a woman’s body produces; the levels of estrogen and progesterone immediately drop within 24 hours of giving birth. These changes can lead to depression, Tahara explained.

Low thyroid levels may also occur and symptoms can include depressed mood, decreased interest of things in which one is normally interested, irritability, fatigue, difficulty concentrating, sleep problems, and weight gain, said Tahara.

Other factors that can lead to postpartum depression include feeling tired after delivery, broken sleep patterns, feeling overwhelmed with a new baby to care for, feeling stress from changes in work and home routines, having feelings of personal loss of who the mother was before the child, or

having feelings of unattractiveness, and having less free time and less control over time, added Tahara.

Women who experience such feelings of depression should know that it is not uncommon, and help is available.

“Someone will usually come to me if, two weeks after childbirth, they are still feeling tired or perhaps have a change in appetite, or any of the other symptoms,” said Carolyn Cloutier, a licensed clinical social worker in private practice on the island. “I then work with a psychiatrist who will meet with the parent if the parent is willing. From there, he is able to prescribe any medications that will be taken temporarily.”

The symptoms of depression, which should, on normal levels, last no longer than two weeks after giving birth, include feeling restless or irritable, feeling sad, feeling hopeless and overwhelmed, crying a lot, having no energy or motivation, eating too little or too much, sleeping too little or too much, having trouble focusing, hav-

ing trouble remembering, having trouble making decisions, feeling worthless or guilty, having a loss of interest or pleasure in activities, withdrawing from friends and family, having headaches, having chest pains, having heart palpitations, or hyperventilating.

“People have to realize that they need to seek help and talk to others,” said Cloutier, an Oahu native. “They shouldn’t suffer or have to blame themselves.”

Aboard base, there is support and information available for pregnant couples and new parents, said Tahara.

“Through our Daddy’s Baby Boot Camp and Mommy’s Basic Training classes held every month, we teach expectant couples about the baby blues and depression,” said Tahara. “Couples need to know that postpartum depression is very common, and it’s not a weakness. It’s actually a sign of strength when someone seeks the help to feel better through counseling and support programs.”

Home visits are available through

the New Parent Support Program, and Tahara said that the NPSP personnel want to familiarize families with the symptoms of postpartum depression because many times women are not even aware they have it.

“We have worked with many people who have suffered from postpartum depression and we always hear them say, ‘Why have I let myself suffer so long? Why did I wait to get help?’” said the St. Mary’s, Pa. native. “We are now seeing more reported cases of this issue, only because people are becoming more aware of the symptoms.”

For more assistance with postpartum depression issues, or for more information on the matter, women are encouraged to speak with their doctors. For more information call 257-8803.



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The Bottom Line

Editor’s Note: “The Bottom Line” is a weekly sports commentary written by two sports aficionados who sometimes don’t see eye-to-eye. The Texan, Lance Cpl. Ryan Trevino, and The Vice, Tony Blazejack, who hails from Miami. Send your “Reader’s Strike Back” comments to editor@hawaiimarine.com and your suggestions will be considered for publication. We look forward to hearing from you, whether you agree with one of us, both of us, or neither one of us.

Was the 2006 Winter Olympics worth watching?

The Vice

The 2006 Winter Olympics in Torino officially ended last weekend, drawing a close to the most lackluster games in recent memory. For those who watched, the games weren’t all that different from games in the past.

There was plenty of the usual drama from the homefront that the media feasted on. The problem was that all of the drama amounted to, well, nothing.

Weeks before the games, the public was blindsided by a forced fascination with American skier Bode Miller – who ended up not winning a single medal in five events. There was Michelle Kwan’s struggle to not let go of her Olympic career, which was captivating up until her announcement that she was done. Then there was the laughable feud between American speedskaters Shani Davis and Chad Hedrick, who poked at each other during a press conference like two fourth graders who just got busted to the principal’s office.

There were plenty of reasons not to enjoy the games in Torino. There was a 10-hour

delay in coverage to the United States, and everyone who gave a hoot already knew the outcome of any given event. The venues were too spread out — resulting in zombified journalists who couldn’t churn out any interesting stories due to sleep deprivation. The 387 hourly references to “THE ICE HAS/HASN’T MELTED BETWEEN THESE TWO” from NBC’s commentators actually made “American Idol” seem like a plausible alternative for humor to anyone glued to their television set.

The media, desperate for anything to go on, had a near panic attack when Italy’s heavily favored figure skating pair, Barbara Fusar Poli and partner Maurizio Margaglio, had a fall out over a botched routine. They did it again when Davis and Hedrick bickered. The overblown reactions of the media described the Torino games in general. Everyone was desperate to find a reason to watch.

It was like picking through an unexpectedly bland dish at your favorite restaurant. You just keep digging and digging in hopes that you’ll find something tasty, because it’s the best

place in town.

And that’s what makes it all worthwhile, even if it wasn’t. It’s the Olympics, for crying out loud. It’s not the Super Bowl, where everything is spoon-fed to the viewer. When it comes to the Olympics, you have to dig for yourself – particularly when the games are held in a different hemisphere.

Those who logged on to nbcolympics.com probably realized that the Internet was undoubtedly the only way to watch the games in Torino. With all the video and information available on demand, all you needed was a computer with a decent connection and a vague interest in the Winter Olympics.

The television broadcasts were nothing short of excruciating, but those who flipped the channel and gave up on the games instead of checking out the webcasts missed out.

Bottom Line: The average American sports viewer hasn’t opened up to the full potential of Internet broadcasting, and that made the 2006 Winter Olympics incompatible with

See VICE, C-5

The Texan

I died on Feb. 20. The paramedics pronounced me legally deceased for two whole minutes when they found me on my couch watching the Winter Olympics’ Men’s curling tournament competition on television.

When investigators tried to figure out what the cause of death was, the only thing they could come up with was that I had been bored to death. This isn’t too hard to fathom, if you have ever seen a curling match. Out of all the sports played during the Olympics, curling has to have been one of the most useless sports ever invented. If you’re unsure what curling is, think of it as shuffleboard on ice.

The British first introduced this sad excuse for a sport to the United States when they brought it over during the Revolutionary War. Do you know what else the British introduced to us? Small Pox! It’s hard to try to decide which one did more harm to the American

people.

It blows my mind that there are people out there who devote their entire life to studying and perfecting the sport — if you could even call it that. I mean, didn’t these people have role models when they were growing up?

The only thing that jolted me back to life was a streaker, wearing only a strategically-placed rubber chicken, who ran onto the ice during a match. It is really sad when the only thing that can make a sport worth watching is the appearance of a streaker.

Watching the Winter Olympics reminded me of when my mom used to spoon-feed me awful-tasting cough syrup when I was sick as a kid. I know I have to do it, being a sports writer and all, but it just tastes so bad going down.

Curling, like most of the other sports in the games, is a dead sport. However, there are some sports that have more of a pulse than others.

Bobsledding is a good

example of this. Bobsledding is a little more exciting than the rest but only because of its connection to my heart through the Disney blockbuster “Cool Runnings.” A Jamaican bobsled team! Man, those guys at Disney can be so wacky sometimes! Seeing this story from a different angle, like that through a Jamaican bobsled team, makes viewing this sport bearable. Now, if I had never seen that movie, it probably wouldn’t appeal to me as much as it does.

Bottom Line: Out of the 84 events offered to 80 nations in the 2006 Winter Olympics in Italy, nothing really sparked my interest. I’d rather watch paint dry than put myself through the excruciating pain of watching another curling event. Whoever is in charge should get together and brainstorm some ideas to get people to watch again. I don’t know — maybe allow a super model, full-contact

See TEXAN, C-5

SPORTS AROUND THE CORPS

MTACS-18 takes b-ball tourney

Twenty-five teams gathered at MCAS Futenma’s Semper Fit gym to battle it out for ultimate bragging rights, but only one team came out victorious ...

Lance Cpl. W. Zach Griffith
MCB Camp Butler

MARINE CORPS AIR STATION FUTENMA, OKINAWA, Japan — Triumphant cheers, frustrated exclamations of defeat and rhythmic thumps of dribbling basketballs filled Marine Corps Air Station Futenma’s Semper Fit Gym during the Marine Air Control Group 18 3-on-3 Basketball Tournament Feb. 9.

Twenty-five teams competed in the double-elimination tournament for the top three slots, trophies and bragging rights. Because of the large number of participants, several units were represented by more than one team.

A team from Marine Tactical Air Control Squadron 18 took first place, defeating Marine Air Control Squadron 4’s team, 16-14 and finished the tournament undefeated at

4-0.

MTACS-18 handed MACS-4 their only loss in the preliminary round, defeating them 11-8. MACS-4 players stayed focused on the prize, according to team member Robert Harrison.

“We still expected to win,” Harrison said. “But we lost our momentum in that last game. They deserved to win.”

Both teams played virtually nonstop all morning before meeting in the championship game, which opened with the teams matching each other point for point.

MTACS-18 started to pull away halfway through the game, jumping ahead to a 6-point lead.

MACS-4 fought back, picking away at the lead to eventually tie the game at 14. MACS-4 couldn’t hold on as MTACS-18 pulled ahead, sinking two baskets for the win.

“We snuck up on everybody

I think,” said MTACS-18 team member Warren Stubbs. “(MACS-4) was picked as the team to win.

After we beat them that first time, we learned their weaknesses and took advantage.”

Stubbs also attributed the win to his team’s ability to play well together.

“We jelled as a team,” he said. “We could rely on each other in different ways, depending on who we were facing.”

The tournament lifted Marines’ spirits and brought them closer together, according to Harrison.

“It was good for moral,” he said. “It gave the Marines a chance to get out of the office and have fun together.”

“Second-to-none” from 1st Stinger Battery took third place in the tournament.

The top three teams received trophies at the end of the tournament.



Lance Cpl. W. Zach Griffith

Ethan Keller snags a rebound during a preliminary round of the Marine Air Control Group 18 3-on-3 basketball tournament at the Marine Corps Air Station Futenma Semper Fit Gym Feb. 9. Keller’s team won the game but did not make it to the final rounds.

CANOE, from C-1

to short sprint races and long-distance endurance challenges, he said.

“It’s like any new sport. It feels awkward at first and you’re a little out of sync,” he said. “It’s not hard to learn, but it’s very hard to win though.”

Kvaska said he wants people to get involved in this exhilarating sport — a sport that is different from the others.

“Most people, after high school, don’t play team sports as much,” said Kvaska. “I think people will enjoy the challenge.”

LEWIS, from C-3

goals — but most of all would like to reward them with a victory before the end of this season.”



most. The lack of overall hype made the games dreary, yet upon a closer look, the games in Torino offered a full-course meal of world-class competition that won't be seen for another four years.

"You don't dare him to do anything because he will surely do it."

TEAM	RECORD
VP-4	4-1
VP-9	5-2
HQBN	2-2-1
MAG-24	2-1
1/12	3-3
CSSG-3	0-5-1

TEAM	WINS	LOSSES
VP-9	9	0
CSSG-3	7	0
MAIS-24	9	1
VPU-2	7	1
1/12	6	1
HMH 362	5	4
VP-4	3	3
MESS HALL	4	6
HSL-37 "B"	3	7
HSL-37 "A"	2	6
IPAC	1	6
G-6 HQBN	1	8
MCAF	1	9
CSSG-3	0	4

American Heart Association
 Expanding Heart Disease and Stroke
 AMERICAN HEART
 ASSOCIATION
 MEMORIALS & TRIBUTES


The next Commanding General's Cup event is the chess tournament Monday.

ice football game to be played in the next Olympics. At least something like that would entice me to tune in. Having to sit through the Olympics every four years is asking too much. I could maybe stomach it, if it was every decade or so. Hands down, the best part of this Winter Olympics was the closing ceremony.



Recruit Training Regiment's 3rd Battalion team members slap hands with defeated Coast Guard Pacific Area Tactical Law Enforcement team.



Chad F. Schwarm, 3rd Battalion, prepares to stuff a spike from Dave Bowechop.

Coming March 25
See sports briefs on C-2 for
more information

